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AL. KRYWOLT  
COLEMAN, ALTA.

# The Coleman Journal

Most Effective Advertising Medium reaching the People of Town and District. The Journal goes into the Homes.

VOLUME 33 No. 42

The Journal, Coleman, Alberta Wed., June 1, 1966

single copy 10c

## Service Held For Mr. Zinook

George Zinook passed away in the Crows Nest Pass Hospital on May 17th, 1966, at the age of 69 years.

He was born in Sinitowskeiz, White Russia, October 19th, 1896. He came to Canada in 1913, settling in Fernie, B. C., where he worked as a cook in various bush camps. He came to Coleman in 1938 and worked in the mines until 1954. He then resumed working as a cook in various parts of Alberta until 1958 when he retired due to ill health.

He married Blanche Setla in Coleman in July of 1931. He was a former member of the Canadian Slavic Benefit Society and of the U.M.W.A.

He was predeceased by his parents, two brothers and one sister in Russia and by one son Gregory in Coleman in 1934.

Surviving are his widow Blanche and son Michael, both of Coleman; four daughters, Mrs. L. (Irene) Sikora of Calgary, Mrs. R. A. (Josephine) Phillips of Camrose, Mrs. J. (Georgina) Smith of Templeton Quebec, and Mrs. K.R. (Adela) Foster of Barrie Ont.; and eleven grandchildren.

Prayers were said in Fantin's Hillside Chapel at 8 p.m. Friday, May 20th. Requiem High Mass was celebrated in the Holy Ghost Catholic Church at 11 a.m. on Saturday, May 21st, with the Rev. Walter Krewski officiating. Interment followed in the Catholic cemetery.

Fantin's Hillside Chapel was in charge of arrangements. Pallbearers were J. Sikora, A. Beigan, J. Demarchuk, N. Urkiewicz, S. Liska and J. Sanychyn.

## Knights of Columbus Picnic July 31

At the recent meeting of St. Joseph the Worker Council, the Knights of Columbus, Blainmore, it was announced that the annual picnic would be held Sunday, July 31st at the Lost Lemon Camp in Blainmore. All members of the various parishes in the Crows Nest Pass are welcome and anyone else who wishes to attend. Picnickers should bring their own lunches and ice cream, coffee and soft drinks will be furnished by the Council.

An initiation is being planned for the fall, and a chapter will be established for the southern area. The sympathy of the Council is extended to Bro. Ray Wallinder of Hillcrest, on the death of his sister.

Bro. Italo Sartorio showed colored slides of his trip to his old home in Italy and Fred Stoney of Coleman, won the Park Lane draw.

## Cancer Canvass Over Quota

L. S. "Sonny" Richards of Blainmore, general chairman of the Crows Nest Pass Cancer Society campaign for funds, has announced this week that Coleman has gone well over their quota of \$550 as a grand total of \$643.35 has been turned in.

Mr. Richards has credited the efforts of Chairman Jim Montalbetti and canvassers for this excellent showing as well as the generous contributions of local residents.

## Blood Donors' Age Lowered To 17

The minimum age of 18 for donating blood has been conditionally lowered to 17 it was announced today by Red Cross blood transfusion service.

Blood transfusion service officials say they have observed no ill effects resulting from 17-year-olds donating blood.

The one condition separating 17-year-old donors from the rest is that they must have the written consent of one parent, and as is the case for all donors must be medically fit to give blood.

"Stacking" pensions will mean both cuts in take-home pay and higher prices.

How to plug Canada's brain drain: lower income and estate taxes here than in the U. S.

## Graduates from Horace Allen High School



—photo by Vern Decoux.

Graduates of Horace Allen High School this term are, seated left to right, Evelyn Gibos, Jo Ann Misura, Dianne Jones, Beverly Jumar-chuk, Claire Fabro and Donna Krish. Centre row, left to right: John Kapalka, Stuart Root,

Jacalyn MacQuarrie, Vivian Alampi, Judy Zemek, Jim Sikora and Pat Ondrus. Back row, Tom Wavrecan, Melvin Kropinack, Brent Skura Boris Markin and Robert Poulton.

## Coleman Boys in Car Accident

(Lethbridge Herald)  
Allan Ash and Jerry Rudowski are in the C.N.P. Hospital following a car mishap east of Burnis at about 5 a.m. last Saturday.

The vehicle occupied by the two men drove off Highway 3 and rolled over onto its roof in a small ravine on the south side of the highway.

Both men were taken to the hospital by Hall's ambulance service. Rudowski sustained back injuries and Ash is being treated for an injured right shoulder and severe head lacerations.

## Documentary Film To Be Produced

A 35mm documentary film will be produced as a Centennial project for the Government of Alberta, says the Hon. A. Russell Patrick, Minister of Industry and Development.

The film, which will cover Alberta's early history, Alberta today, and the outlook for the future will feature noted stage and screen star Burl Ives, and his 16-year-old son, both of whom will be visiting Alberta this summer.

An original music score and a ballad of Alberta have been written by Calgary composer Wally Grieve. The ballad will be sung by Burl Ives, who will also narrate the film.

The film will be produced by William Marsden of Canwest Film Productions of Calgary; the director is Ken Jubenville. Director of photography will be renowned cameraman Osmond Borsdale, a former resident of Medicine Hat, whose film credits include more than one hundred feature films in Hollywood and England.

Production of the film will be supervised by Ken Hutchinson, director of the Film and Photographic Branch of the Government of Alberta. Filming will be underway in June and July.

## O.O.R.P. Visit Cranbrook

The O.O.R.P. travelling gavel was carried to the Cranbrook Lodge this week by 25 members of the Coleman Royal Purple.

Attending the meeting were members from Fernie, Kimberley and Creston Lodges, who enjoyed a social evening catered to by the Cranbrook Lodge.

## Miss M. E. Dunlop Feted at Banquet



—photo by Vern Decoux.

Miss Margaret E. Dunlop, retiring Coleman school teacher, was paid tribute at a special banquet held at the Turtle Mountain Hotel May 17th to mark the occasion of Miss Dunlop's retirement after 44 years' service with the Coleman Schools.

John Salus, chairman of Coleman School Board, while paying tribute to the teacher, gave a resume' of her life. Miss Dunlop was born in Lethbridge, but started school here in grade one.

She moved to northern Saskatchewan with her parents at an early age and returned to Coleman in 1917. She took all of her high school here and in 1921-22 attended normal school in Calgary. After teaching in Ardenville (a small country school between Waterton and Fort Macleod) she came to Coleman in September, 1922, and has taught here since.

After teaching in the Cameron School in West Coleman for one and a half years, she was transferred to the Central School where she spent the next four and a half years. She was then sent back to Cameron School where she has

taught continuously for the past 38 years. She has been vice-principal for the past 16 years. It is estimated that at least 1,000 elementary students have been taught by Miss Dunlop.

Paying tribute to Miss Dunlop, Mr. Salus stated that it has been a constant source of satisfaction to the School Board and principal to know that Cameron School was in good hands, working smoothly, efficiently and effectively with a minimum of supervision.

Commenting on the estimated 1,000 students that passed through her hands, Mr. Salus pointed out that besides receiving a technical education, the students also absorbed some of Miss Dunlop's gracious personality. She has been a teacher, mother, nurse and confidante to the students.

After thanking Miss Dunlop and

presenting her with a plaque in recognition of her achievement, Mr. Salus presented her with a handbag, after which Mrs. Salus presented her with a bouquet of flowers.

School Principal Horace Allen also paid tribute to the retiring teacher and stated "it must give her a great satisfaction when she walks down the street in Coleman and looks at many people and be able to think 'I taught them'."

He, on behalf of the staff, wished Miss Dunlop many happy years of retirement and in concluding stated "you have filled your obligations to the school and the community so 'Bon Voyage'." Richard Stonehocker, Southwest Alberta district representative of the Alberta Teachers' Association of Lethbridge, paid tribute to Miss Dunlop, stating that this occasion marked a record for it was rare when a teacher served one district for so many years. He felt this continuous service was a record.

Following the presentations, a program and social evening was held.

## First Payment on Centennial Project Approved

Coleman council, at its meeting, decided to contact the Horace Allen High School Drama Class with a view to getting this group to prepare and put on a play in conjunction with the Centennial Caravan Unit that will visit in Coleman in May, 1967.

Approval was given to the first payment of \$650 to the Coleman Branch of the Royal Canadian Legion to start the ball rolling on the town's Memorial Park Centennial project. The Legion brought in the suggestion of building the Memorial Park after a locally-formed Centennial committee failed to come up with a suggestion.

Council has received a number of complaints regarding dusty conditions on a road used by the coal company. A second complaint of dust emanating from coal stockpiling around town was also received. The coal company will be contacted by the town with a view to getting the problem remedied.

Approval was given to processing the tax sale in town during the month of July. It was disclosed that 18 parcels of land would go

## "Les Owen"

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Occidental Life Insurance  
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Group Insurance  
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563-3847 or 563-3646, Coleman

## John Kinnear, Sr. Passed Away

John Kinnear, sr. passed a way suddenly in the Crows Nest Pass Municipal Hospital on Monday, May 30 at the age of 77 years.

Mr. Kinnear was born in Fifeshire, Scotland, on Oct. 19, 1888, coming to Canada and settling in Toronto in 1910 where he worked as a finishing carpenter. He married Elizabeth Anderson in Toronto in 1912.

He came to Coleman in 1916 and worked as a carpenter for the Coleman mines until 1929 when he moved to Calgary where he resided until 1933. The family returned to Coleman in 1933 and have resided here since. He retired from work in the mid 1950's, he was a member of the Coleman local of the U.M.W.A.

Mr. Kinnear was predeceased by a sister, Annie, of Coleman in 1942.

Surviving are his wife Elizabeth of Coleman, one sister Mrs. Kate Campbell in Scotland; two sons John and William of Coleman; two daughters Mrs. M. (Annie) Fleming of Coleman and Mrs. O. (Agnes) Salvador of Creston, B.C. and 13 grandchildren.

Funeral services will be conducted in Fantin's Hillside Chapel at 2 p.m. Thursday, June 2, with minister Peter Walker officiating. Interment will follow in the Coleman Union Cemetery. Fantin's Hillside Chapel is in charge.

No flowers by request. Donations will be gratefully accepted for the Coleman United Church Organ Fund.

What IS happiness anyway? Will it buy money? Probably most of us want to be happy, but many of us just don't know how. The famous Dr. William Menninger has given us his formula and it is available to you free, from the Canadian Mental Health Association. Write today — ask for "Seven Keys to a Happy Life". The address is the Canadian Mental Health Association, 619 Revillon Building, Edmonton.

Nobody's opinions are worthless. Even a stopped clock is right twice a day!

## COLEMAN ELKS \$500.00 Prize

# BINGO

IN THE  
Elks' Hall, Coleman

ON  
**Fri., June 3**

AT 8 p. m. SHARP

**Admission - 13 Games - \$1.00**

**BONUS CARDS 25c**

**\$200.00 Jackpot in 57 Numbers**

Jackpot to remain \$200.00 if not won, but will go up  
One Number each Bingo Night until won.

**\$100 Jackpot in ? Nos.**

and

**11 Other Cash Games**

## DO IT NOW

We Specialize in  
**BODY WORK**  
ON YOUR CAR OR TRUCK

Free Estimates Given

## FRED'S BODY SHOP

In our old location on Second Street, north of Elks Hall

## KANANASKIS SERVICE STATION

British American Oil and the new  
Super 88 and 98 Gas

FISK TIRES -- B. A. BATTERIES

A complete Lubrication Service

Open 8 a. m. to 10 p. m. Daily

Dial 563-3810

Proprietor Harold Nelson

Located on the No. 3 Highway at the Entrance to the  
Kananaskis Highway in Coleman.

## Cash Prizes

COLEMAN LIONS



It's  
Fun!

# BINGO

IN THE  
Coleman Elks' Hall

ON  
**Wed., June 8th**

At 8.15 p.m.

**Admission - 13 Games - \$1.00**

**Bonus Cards 25c**

**\$100 Jackpot in 75 Nos.**

OR LESS

**5 Prizes of \$12 and 5 Prizes of \$10**

**Plus Extra Games**

Let The Journal Handle Your Printing

## THE COLEMAN JOURNAL

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Authorized as 2nd-Class Mail by the Post Office Department at Ottawa  
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and Alberta Weekly Newspaper Association  
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OTTAWA — A former Ottawa man, retired chief engraver of the Royal Canadian Mint, Thomas Shingles, and a Toronto artist, Mrs. Dora de Federy Hunt, are the winning designers in the limited competition for the Centennial Medallion, Canada's Centennial Commissioner John Fisher announced today.

Mr. Shingles, who now lives in Victoria, and Mrs. Hunt, will each receive \$1500 for their winning designs—Mr. Shingles for the obverse side of the Medallion and Mrs. Hunt for the reverse.

The Medallions, more than 5,500,000 of them, will be distributed to all Canadian school children grades one to 13, as reminders of the Centennial Year and its significance to Canada and to Canadians.

The Medallions will be minted by the Royal Canadian Mint and will be made of red brass metal, an alloy of copper and zinc. They will be one and one-quarter inches in diameter or about the size of a silver dollar.

Distribution of the Medallions will be done through the co-operation of provincial departments of education and territorial governments.

In the case of the latter, many districts in far north eastern Canada which cannot be reached by water within the schedule for dis-

tribution of the Medallions will receive the Medallions far in advance of other Canadian centres, with aircraft of the RCAF making drops of packages of Medallions in the North late next autumn.

They will be presented to the school children on June 1, 1967, in simultaneous ceremonies with those held elsewhere in Canada.

Communities such as those to the northeast of Hudson Bay and north of Fort Churchill along the west side of the Bay, as well as such locations as Alert Bay and Mould Bay on the Arctic Islands will receive the Medallions in this way.

Astronomers estimate that there are at least 100 billion stars in the Milky Way system.

## YOUR BLOOD



**SO VITAL...**

## SPARTAN OFFICIAL FEELS

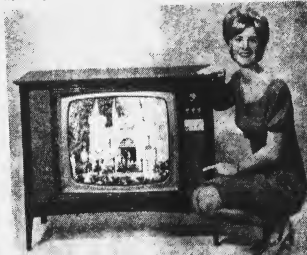
## Color Will Have Impact On Economy, TV Sales

(First of a Series)

COLOR IS COMING TO CANADA—Not that our country isn't colorful, but the color is in the reference to television.

Color television moved a step closer to reality recently when the Canadian Government gave approval to several stations to begin color programming on October 1.

What will be the impact of color television on the economy, on industry sales, on black and white television and on programming? Most important will be the impact on viewers and how they will benefit from startling breakthroughs.



Twenty-three inch and twenty-five inch consoles, such as this Spartan model, will be the most popular buys as viewers prepare for color casting in Canada this fall.

First, color television is anticipated to give the general economy in Canada real impetus. According to Nigel C. Elisoart, President, Spartan of Canada, Ltd., manufacturers of home electronics equipment for almost 40 years, total television sales may rise more than 20 percent this year with the introduction of color casting.

Early 1966 industry forecasts are for sales of television receivers to break the \$200 million for the first time in history. Some forecasts are for total television sales to jump from \$160 million to as high as \$220 million.

Although color will be the motivating force in driving industry sales upward, black and white sales are not expected to suffer greatly, and still will be the predominant choice of buyers.

Spartan gathered statistics show approximate television sales as follows:

AS FOLLOWS IN MILLIONS

YR.	B & W	COLOR TOTAL
64	\$140	5.0 155
65	153	9.0 162
66	160	45.0 205

As indicated above, color television planted its roots deep in industry sales in 1965 and is forecasted to have a dramatic 500 percent increase for 1966.

While forecasts are for black and white television sales to drop one percent from 1965, sales still will be well above 1964 and will outsell color by more than \$3.50 to \$1. The unit sales will be even higher due to price differentials.

This sales differential will be one of the factors maintaining the sales ratio between black and white and color sets. Another factor will be the availability or unavailability, of color receivers to meet consumer demand.

For those ready to buy color, the most popular sets will be the 23-inch and 25-inch consoles. Sales of these models are expected to account for 60 percent of total color sales. Models will be available in a wide range of styles and prices.

The next most popular choice, in order, will be 21-inch consoles, 16.5 percent; 19-inch portables, 14.6 percent; and combination television-phonographs, 9.9 percent.

NEXT: Dramatic Breakthroughs.

## BOARD of BROADCAST GOVERNORS

OTTAWA - CANADA

APPLICATION BY LETHBRIDGE TELEVISION LIMITED FOR A LICENCE TO ESTABLISH AND OPERATE A NEW TELEVISION RE-BROADCASTING STATION AT COLEMAN, ALTA.

The Board of Broadcast Governors will hear, at the public hearing opening in Ottawa on June 21, 1966, an application by Lethbridge Television Limited for a licence to establish and operate a new TV rebroadcasting station at Coleman, Alta., to receive programs by "off-the-air" pickup from Station CJLH-TV, Lethbridge, Alta., and to retransmit those programs on Channel 12, with a transmitter power of 5 watts, directional antenna.

Persons wishing to oppose the application must file ten (10) copies of a brief in opposition or of a notice of intention to oppose, setting out the grounds of the opposition, with the Secretary of the Board at 48 Rideau Street, Ottawa, on or before June 10, 1966.

Persons wishing to inspect briefs submitted with respect to the above application may do so at the offices of the Board at Ottawa, by appointment with the Secretary of the Board.

BOARD OF BROADCAST GOVERNORS  
OTTAWA.

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# Production Creates Wealth

★ ★

THAT'S WHY it is good business policy to encourage and support local industry.

THE MORE people there are employed locally, the more home-owners there are, the more benefit there will be for everyone.

PEOPLE EMPLOYED locally pay taxes—they buy from local stores—they help to create business.

BUSINESS is not a one-way street—it is built by co-operation, good will and a progressive outlook.

BUY FROM stores that make every effort to serve you by buying goods and services advertised in the

COLEMAN JOURNAL

# THE GOVERNMENT OF ALBERTA ANNOUNCES THE ALBERTA HEALTH PROGRAM

effective July 1, 1966

THE ALBERTA HEALTH PROGRAM OFFERS: (1) All previous benefits under the Alberta Medical Plan. (2) An Extended Health Benefits Plan. (3) Additional subsidy benefits.

AVAILABLE TO ALL RESIDENTS OF ALBERTA \* ENROLL BEFORE JUNE 15 FOR BENEFITS EFFECTIVE JULY 1

## THE ALBERTA HEALTH PROGRAM

### WHAT IS THE ALBERTA HEALTH PROGRAM?

The Alberta Health Program is a measure to provide a prepayment medical plan covering the costs of medical, surgical and obstetrical services, together with an Extended Health Benefits Plan, for all residents of Alberta, regardless of age, health or occupation. The Government of Alberta provides financial contributions toward premium payments for those in defined income levels.

### WHO IS ELIGIBLE?

On an individual basis, this is available in three categories: one person; two persons; family of three or more. On a group basis, it is available through your employer.

### WHERE IS COVERAGE AVAILABLE?

Coverage can be obtained from the approved

insurers listed in the folder being mailed to all residents of Alberta.

### IS THE PREMIUM FIXED?

A maximum premium has been established. Below this maximum, premium levels may vary with the company of your choice.

### HOW DO I ENROLL?

For nonsubsidized enrollment under the Alberta Health Program you may enroll directly with the insurer of your choice. Subsidized enrollees must complete a subsidy form with the company of their choice.

### DOES THE PROGRAM OPERATE OUTSIDE ALBERTA?

Outside of Alberta, the Program pays the same fee as if such services had been

provided in the Province, or the fee charged, whichever is the lesser.

### ARE THERE ANY SPECIAL REQUIREMENTS?

Any unmarried, dependent child up to age 21 is included in his family's policy. After 21 years of age separate application must be made.

### WHAT ADDITIONAL FEATURES DOES THE ALBERTA HEALTH PROGRAM OFFER?

1. Waiver of Premium  
If a person, single or the head of a family, covered continuously under the Alberta Health Program for at least two years becomes totally disabled prior to age 65 as the result of an accident, injury or disease so as to be prevented from engaging in his lawful occupation, he will not be required to pay his monthly premium for a

period up to six months, starting the third month after the disability.

### 2. Health Checkup (Medical Plan Only)

After a contract holder has been covered by the Alberta Health Program for a continuous period of two years, he and his dependents shall be entitled annually to a routine examination to ensure their continuing good health.

### 3. Non-Cancellability of Coverage

Except for gross misuse or non-payment of premium.

### 4. Student Eligibility

Any student up to the age of 25 who is attending an accredited institute, college or university can be included in his family's policy.

## BENEFITS OF THE ALBERTA MEDICAL PLAN PORTION OF THE ALBERTA HEALTH PROGRAM

Benefits under the Alberta Medical Plan provide for the payment of medical, surgical and obstetrical services (when conception occurs subsequent to date of coverage) of any physician when required for preventive, diagnostic or therapeutic treatment and care; examination of eyes for the fitting of eyeglasses; specialist and consultant services as defined under regulations; anesthesiologist services; and necessary laboratory services and diagnostic aids including x-ray when ordered by a medical practitioner.

The following diseases, conditions and services are excluded from coverage: All services not rendered by, or under the supervision or direction of, a physician; standard laboratory services and diagnostic aids, including x-ray while the covered person is an in-patient in an approved hospital; preventive procedures and treatment of diseases and conditions for which after diagnosis, medical, surgical and obstetrical care can be obtained without cost, or at a nominal charge by public authorities.

excepting the treatment of mental diseases where the said treatment is provided by a physician in the course of his private practice; any condition which is the responsibility of the Workmen's Compensation Board; sterilization for reasons other than health; injuries resulting from actively engaging in war or not; drugs, medicines and appliances; eeglasses; dental care and x-ray for dental purposes; physiotherapy and actinotherapy; hospitalization; nursing services; ambulance

service; mileage or time involved by a medical practitioner in travelling; all examinations by a physician as may be required for the use of a third party. Where a covered person makes claim under the contract, and at the time the claim arises has in force any other form of medical insurance or coverage, the liability of the approved carrier shall in no event exceed the difference between the amount of the claim and the amount payable under the other medical services insurance or coverage.

## BENEFITS UNDER THE EXTENDED HEALTH BENEFITS PLAN PORTION OF THE ALBERTA HEALTH PROGRAM

Benefits of the Extended Health Benefits Plan are provided at additional premium cost to that covering participation in the Alberta Medical Plan portion of the Alberta Health Program. Subsidy benefits, where applicable, apply to both premiums.

### DRUGS

Payment for approved prescription drugs.

### OPTOMETRY

Examination of the eyes for the fitting of eyeglasses, where performed by a qualified person, at 2 year intervals for adults and at 1 year intervals for children under age 16.

### PHYSIOTHERAPY

Physiotherapy performed by a physiotherapist as prescribed by a physician.

### PSYCHOLOGY

Services of a psychologist.

### NURSING

Services of a nurse outside Canada as prescribed by a physician.

### AMBULANCE

Necessary transportation to or from a hospital by a professional ambulance service.

### RADIUM, BANDAGES AND OTHER MEDICAL SERVICES

a) Casts, bandages, dressings, plaster and similar medical supplies.

b) Use of emergency and other rooms as an out-patient.

c) Radium or cobalt or radio-active isotopes or similar materials when provided outside the Province of Alberta.

d) Blood or blood plasma or other blood products when provided outside the Province of Alberta and when not provided by any other agency.

Supplies must be as prescribed by the attending physician.

### AIDS AND APPLIANCES

a) Temporary rental for therapeutic use of wheelchairs, hospital beds, iron lungs, oxygen or respiratory sets.

b) Artificial limbs or eyes, braces and the fitting thereof as provided in the course

of treatment, and necessary repair arising from the accidental breakage thereafter. Replacement of eyes or braces in the case of children under age 18 where necessitated by natural growth. Aids or appliances shall be as prescribed by a physician, or, where permitted, by a podiatrist.

### OSTEOPATHY

### CHIROPRACTIC

### PODIATRY

### NATUROPATHY

The services of duly qualified, registered and legally practicing osteopaths, chiropractors, podiatrists or naturopaths.

All Extended Health Benefits Plan benefits are subject to a deductible provision of \$25 per person with a maximum of \$50 per family in each Plan year. The insured also must pay 20 per cent of drug and nursing accounts after the deductible amount has been paid. Those eligible for subsidies will have subsidies apply also to the deductible and co-insurance costs.

## NEW SUBSIDY BENEFITS

The Alberta Government will pay a percentage of the premiums for both portions of the Alberta Health Program, the Medical Plan and the Extended Health Benefits Plan, for those residents of Alberta in the income levels defined below. A resident to receive a subsidy must be a person who has resided in Alberta for 12 months of the preceding 24 months.

A)

Alberta residents whose taxable income is below the taxable level according to federal government tax regulations, will benefit from a provincial government contribution of 80% of the premium cost

B)

Alberta residents whose taxable income is below \$500 according to federal government tax regulations, will benefit from a provincial government contribution of 80% of the premium cost

C)

Alberta residents whose taxable income is below \$1,000 according to federal government tax regulations, will benefit from a provincial government contribution of 25% of the premium cost



## PROVINCE OF ALBERTA

DEPARTMENT OF PUBLIC HEALTH

Hon. Dr. J. Donovan Ross  
Minister

Dr. M. G. McCallum  
Deputy Minister

COMPLETE INFORMATION IS DETAILED IN THE ALBERTA HEALTH PROGRAM FOLDER.



### An Important Reminder:

The folder outlining the Alberta Health Program, including the Medical Plan and the Extended Health Benefits Plan, is being mailed to you. Read it. KEEP IT. It contains a very important coupon that you should mail without delay. These Plans are available to every Alberta resident regardless of age, health or occupation. Participation in these Plans may be arranged through the approved insurers as shown in the folder. ENROLL NOW!

ASSURE YOURSELF OF COVERAGE EFFECTIVE JULY 1. SUBMIT YOUR APPLICATION BEFORE JUNE 15.

IF YOU HAVE MISPLACED OR NOT RECEIVED YOUR COPY OF THE FOLDER PICTURED ABOVE YOU MAY OBTAIN ONE BY CONTACTING YOUR INSURANCE COMPANY, M.S.I., BLUE CROSS, ANY GOVERNMENT OF ALBERTA OFFICE, OR

Dr. P. R. ROSE,  
Sector of Medical Services,  
14 Administration Building,  
Edmonton, Alberta.  
Phone: 225-3052

# Notice

TO

## Coleman Residents

### Debenture Purchasing Date Extended to June 15

The Coleman Light and Water Co. Ltd. are still issuing a limited number of debentures for the construction of the new Water Pumphouse and Equipment.

These debentures will be issued in \$100.00 and \$500.00 denominations, and will bear interest at the rate of seven (7) per cent. per annum.

Any Coleman resident interested in purchasing some of these debentures may sign an Application to Purchase, which must be accompanied by their cheque, at the Town Office, prior to June 15th, 1966.

If enough debentures are not sold by June 15th to Coleman residents, same will be thrown open to the general public.

JOHN HOLYK  
Mayor.

## TOWN OF COLEMAN

# NOTICE

## Coleman Residents

All persons hooking their homes onto the Coleman Sewerage System must have approval from the Town of Coleman or the Provincial Plumbing Inspector.

ANY VIOLATION of the above order will result in prosecution.

BY ORDER,  
TOWN OF COLEMAN

WATSON INDUSTRIES (ALBERTA) LTD.  
CLARESHOLM, ALBERTA

## NEEDS

# PRODUCTION WORKERS

Contact  
LEO MARTIN  
Phone 235 3311 For Details

STUDENTS CONTACT MR. MARTIN FOR  
SUMMER WORK TWO WEEKS PRIOR  
TO THE END OF SCHOOL TERM

# Printing....



If you want printing you can get it from The Coleman Journal. We employ master printers with experience who can turn out first class work at a reasonable price. The next time you need printed matter of any kind - from a business card to a full sheet poster - contact

**THE COLEMAN JOURNAL**

WESTERN BOARD OF MUSIC  
EXAMINER — JUNE, 1966



Mr. Edward Lincoln (pianist)  
(Winnipeg, Man.)

Edward Lincoln is a well known musician and pianist. Following his winning of the University of Manitoba Gold Medal for the Associate in Music, he travelled to London and Paris, studying there with Harold Crampton and Alfred Cortot. Mr. Lincoln has performed as soloist on many occasions with the C.B.C. in Winnipeg and Montreal, over the Mutual network in the United States and has broadcast also for the B.B.C.

He is joining the staff of the Department of Music, University of Alberta, Edmonton, in September and will be devoting much of his time to the Western Board of Music.

Mr. Lincoln will be in Blairmore for the June Western Board of Music examinations on June 9, 10 and 11.

## TREES

**SMOKEY'S NEWS RELEASE**  
The Tree is one of the greatest gifts to the welfare of mankind.

Its functions are many. It gives shade, beautifies the landscape and purifies the air. It regulates drainage, preventing both destroying droughts and devastating floods.

By exhaling moisture, it helps to maintain atmospheric humidity. It breaks the force of cyclonic winds. Its protection keeps the earth soft, fresh and productive.

It provides man with shelters, clothing, food and medicines. Through paper, to which men commit thought, knowledge is shared and the mind enriched.

The tree shelters innumerable plants and animals, which otherwise would become extinct. Its absence or presence literally determines the shape and character of continents as well as the type of men and animals which live on them. Economically, the trees are indispensable. Take all the tree products out of our daily life and we would be a long time re-adjusting. Not a tree exists that is not engaged in some kind of manufacture.

Some of these manufactured products such as oil, perfume, gum, syrup, dyes, drugs, pitch, turpentine, tar, rubber, cork, fruit, beverages, etc., are commonplace; others are startling and strange.

The tree is one of the Magi of man's universe. Its gifts are many, its favors manifold. It has always been so, and if man, its trustee, is faithful to his obligations, it will continue to be so. Each citizen, however, must accept his personal obligation to do his share in helping to prevent the destructive waste of Canada's trees by fires—80 per cent of which are caused through carelessness.

## A. M. A. Presents Brief To Alberta Cabinet

Resolutions advocating compulsory vehicle inspection, more accurate and effective methods of dealing with the drinking driver, and increased emphasis on High School driver education were the highlights of a brief presented to the Alberta Cabinet.

The delegation presenting these resolutions was headed by President Dr. James Lampard of Red Deer and George A. MacDonald, Executive Vice-president, who voiced the opinion of over quarter million members of the A.M.A.

The A.M.A. submission proposed introduction of a compulsory motor vehicle inspection program to be operated by the Provincial Government and similar to the pro-

gram now in existence in British Columbia. The A.M.A. commended the Government for introducing an inspection program but suggested that such a program must be compulsory to be effective.

The A.M.A. submission to deal with methods of removing the drinking driver from the highway emphasized the necessity for more research in this field.

Another A.M.A. resolution urged the Government to study possible methods of financing Driver Education programs in Alberta High Schools. It contends that the success of establishing such a program on a universal Provincial level depends upon making it available to all high school stu-

dents and financial assistance is, therefore, imperative.

Other resolutions covered such areas as a Government assisted program for municipalities to deal with providing safety at rural intersections; a study of the rapidly increasing hit-and-run accident problem; placement of dividers on certain sections of Highway No. 2 between Edmonton and Calgary; improved service facilities on the new portion of this highway, and amendments to the existing Act that will standardize right turns on red lights at intersections in Alberta.

The A.M.A. brief commends the Government of Alberta for implementing legislation on many of its

previous suggestions, particularly in such areas as reflectorized licence plates and uniform Provincial traffic laws, and also in its very co-operative manner of granting interviews to the A. M. A. delegates.



# SEE YOUR INSURANCE AGENT to enrol in the ALBERTA HEALTH PROGRAM

**BOTH MEDICAL CARE COVERAGE AND EXTENDED HEALTH BENEFITS NOW AVAILABLE TO ALL RESIDENTS**

These Insurance Companies are approved by the Alberta Government to issue policies under the Alberta Health Program

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**The Canada Life Assurance Company:**  
640-12 Avenue S.W., Calgary.

**Canadian Premier Life Insurance Company:**  
Room 302-11745 Jasper Avenue, Edmonton.

**Combined Insurance Company of America:**  
980 Yonge Street, Toronto, Ontario.

**Commercial Union Group:**  
The Canada Accident and Fire Assurance Company  
Commercial Union Assurance Company Limited  
North British and Mercantile Insurance Company Ltd.  
The Ocean Accident and Guarantee Corporation Ltd.  
Railway Passengers Assurance Company  
Union Assurance Society Limited  
232 Lougheed Building, Calgary.

**Confederation Life Association:**  
10275 Jasper Avenue, Edmonton.

**Continental Casualty Group:**  
Continental Casualty Company  
Transportation Insurance Company  
660-One Thornton Court, Edmonton.

**Crown Life Insurance Company:**  
10076-100 Street, Edmonton.

**The Dominion Life Assurance Company:**  
501-18 Avenue S.W., Calgary.

**Dominion of Canada General Insurance Co.:**  
621-4 Avenue S.W., Calgary.

**The Equitable Life Insurance Company of Canada:**  
Phillips Building, 10169-104 Street, Edmonton.

**The Great-West Life Assurance Company:**  
1220 Royal Bank Building, 101 Street & Jasper Avenue, Edmonton.

\*Participating only in Alberta Medical Plan portion for medical care coverage

**\*The Guardian Insurance Co. of Canada:**  
514-7 Street S.W., Calgary.

**The Imperial Life Assurance Company of Canada:**  
520-One Thornton Court, Edmonton.

**London Life Insurance Company:**  
Suite 410, Baker Building, 10010-105 Street, Edmonton.

**Metropolitan Life Insurance Company:**  
11460 Jasper Avenue, Edmonton.

**The Mutual Life Assurance Company of Canada:**  
11765 Jasper Avenue, Edmonton.

**Mutual of Omaha Insurance Company:**  
12411 Stony Plain Road, Edmonton.

**New York Life Insurance Company:**  
10180-102 Street, Edmonton.

**North American Life Assurance Company:**  
402 Bentall Bldg., Edmonton.

**\*North American Life and Casualty Company:**  
9912-106 Street, Commonwealth Building, No. 20, Edmonton.

**Northwestern and Employers Group:**  
211 Royalite Bldg., Calgary.

**\*Occidental Life Insurance Company of California:**  
712 Royal Bank Bldg., 101 Street & Jasper Avenue, Edmonton.

**The Paul Revere Life Insurance Company:**  
303 Royal Trust Building, Edmonton.

**The Prudential Insurance Company of America:**  
201-10405-100 Avenue, Edmonton.

**\*Seaboard Life Insurance Company:**  
11802-124 Street, Edmonton.

**Sun Life Assurance Company of Canada:**  
600 Empire Bldg., 10080 Jasper Avenue, Edmonton.

**The Travelers Insurance Company:**  
635 Sixth Avenue S.W., Calgary.

**Zurich Insurance Company:**  
350 Elveden House, Calgary.

BRANCH OFFICE IN MANY OTHER ALBERTA CENTRES  
**SEE YOUR INSURANCE AGENT TODAY**  
enrol by June 15th for coverage effective July 1st

This message published by  
**CANADIAN HEALTH INSURANCE ASSOCIATION**





NIAGARA TORRENT — Visitors point to the brink of Niagara's Horseshoe Falls 176 feet above their vantage point. Free booklets on Niagara Falls' scenic attractions are available from Dept. I of the Chambers of Commerce at Niagara Falls, T.S.A. and Niagara Falls, Canada.

## Centennial Report



1867 1967



Report No. 5—

A television series about the drama of life in New York City used to end this way: "There are eight million stories in the Naked City. This has been one of them".

Around Centennial Commission headquarters at Ottawa we are beginning to look at Canada's 1967 celebrations in the same way.

There are many thousands of national, provincial and local projects underway across Canada to mark our 100th birthday and they all make stories. The big national projects alone are numbered in dozens — the Confederation Train and Caravans, a 4,000-mile canoe race, the Canada Festival, the Youth Travel program; programs for the performing artists, visual arts, folk arts, athletics, tree planting, new buildings for arts centres, museums and so on.

I am going to tell you in this column of one of the national projects about which I am quite excited. It is the Armed Forces Tattoo—the big, big cross-Canada show which will be presented by the Department of National Defence.

At the time of writing I am particularly excited about this

event, because I have fresh in my mind an advance look at the program. At Centennial Commission headquarters recently Brig. C. Arnold Peck and Captain Ian Fraser of the Department of National Defence Centennial planning staff, described the two-hour show — of which there will be 147 performances in 40 cities across the country — and provided story-board illustrations and taped excerpts of the stirring music especially composed for the Centennial.

I can predict that Canadians will be given a thrilling surprise when they see the Armed Forces Tattoo, which will be one of the highlights of the 1967 celebrations. The advance presentation which we saw and heard at Ottawa showed that the Forces' project is being conducted in a highly professional manner.

There will be 80 colorful selections in 12 major scenes of the Tattoo with static bands, marching bands, pipes and drums, scenes from history as far back as 1866, a naval gun-hauling race over obstacles, a drummer boy's idea of what war was like in 1812, 150 sailors dancing a hornpipe, action scenes on the battlefield — even an actual World War II Spitfire in an enactment of a Battle of Britain "scramble".

The Armed Forces Centennial team has done research deep into history through the years to the period when the early French and British regiments were stationed in Canada, and they have produced not only the music of the regiment, but also the servicemen's songs of the canteens and messes which also have been sung by the citizenry of yesterday and today.

Research also has been done for the Tattoo in Europe by Captain Fraser for consideration of the best military tattoo productions and techniques at Edinburgh and on the Continent. Captain Fraser, it has been pointed out, produced the Armed Forces show at the Seattle World's Fair which proved to be one of the highlights of that exhibition.

After seeing the very professional advance work done by the Defence Department's Centennial

staff I do not hesitate to recommend that you watch for the date of the performance, whether it be an indoor one or an outdoor one, nearest to your area and be sure to attend.

### Helen Cocciolone Wins Jackpot

Helen Cocciolone of Hillcrest, was the lucky winner of the \$100 cash jackpot at the Lions bingo night.

Winners of other prizes were: \$12, T. Cunningham, Bertha Morgan, Mrs. Delbert Johns and Margie Evans.

\$10, Mary Ann Zak, Mrs. L. Phillips, Mrs. Frank Slavik. \$15, Elsie Salant; \$5, Bertha Morgan, Sofie Lepacek, Hilda Bias and Frances Cote.

\$3, Muriel Russell, Anne Topak, Mrs. Beveluga and Mrs. Alice Cornish.

The next bingo will be held on Wednesday, June 8th, when five cash prizes of \$12 and five of \$10 will be offered, besides the \$100 to go jackpot plus extra game prizes.

### Elks Retain Jackpot

Winners of prizes at the Elks bingo night were:

Grocery hamper, Mrs. McCulloch.

\$10 split, Mrs. Vejprava, Stafie Yagos, Mrs. Gingsras, Mrs. Mayerchuk and Mr. Tarabula.

\$26, Mrs. R. Tiffin.

Two tires, Mrs. Holub.

Consolation of \$10 on the \$100 jackpot, Mrs. Hruby.

\$15 gas, Sofie Lepacek.

Hair drier, Mrs. Johns.

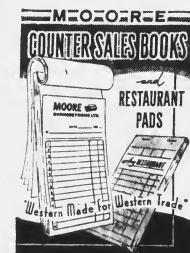
\$20, Olga Young; \$10, Mary Cerno.

Two lawn chairs, Mrs. Goodwin and Mrs. Russell.

\$10, Bob Jenkins and \$15 consolation on the \$200 jackpot, Mrs. T. Cunningham.

The next bingo will be held on June 3rd when besides the regular cash prizes a \$200 cash jackpot will be offered for the first blackout in 57 numbers.

Two things are bad for the heart — running up stairs and running down people.



### The Coleman Journal

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### COLEMAN HOTEL

Rooms at Reasonable Rates  
Special Weekly or Monthly Rates

Cafe in connection  
L. L. Schlender, Manager

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Reliable Imperial Products and Service including a Licensed Mechanic.

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Builders' Headquarters  
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### Attend Church

#### ST. PAUL'S United Church

Morning Service—10 a.m.  
Sunday School—10:00 a.m.  
all ages.

You are All Welcome.

#### ST. ALBAN'S CHURCH COLEMAN

Sunday, May 22, 10 a.m.

Family Service.

Sunday, May 29, 11 a.m.

Morning Prayer

You are all Welcome.

### Classified Ads

**HELP WANTED**  
**DELIVERY BOY**—also to work in store. Good wages. Apply in person to Zak's Meats & Groceries, Coleman

**FOR SALE**  
**BIG HORN ROPER SAID DLE.** Brand New. Apply Brian Zak Phone 563-3684.

**FOR SALE**  
1960 CHEVROLET—2-door hardtop. Reasonable for cash or would accept older car in trade. Phone 563-3328, Coleman, after 5 p.m.

**FOR SALE**  
4-ROOMED HOUSE on Second Street, Coleman. Gas installed. In good condition. Apply to Mrs. M. Kolesnik, Coleman.

**FOR SALE OR RENT**  
**MOM'S KITCHEN**—54 by 22 modern building with 3 extra lots, cheap power, office equipment included or separate. Phone Cowley, 528-3844, or write to Box 9, Lundbreck, Alberta.

**PASTURE FOR RENT**—Reply to P. O. Box 40, Coleman.

### BUSINESS OPPORTUNITIES

#### VALUABLE EXCLUSIVE FRANCHISE

Have you a record of being capable and can you accept responsibility? We want solid distributors who are interested in having a successful business operation with much above average earnings. We require as much information as possible in your first reply. Old established firm will train, supervise and financially assist operation of a newly developed and most revolutionary product ever offered the fleet, truck and car owner.

**LLOYD'S LABORATORIES**  
STATION H, TORONTO 13, ONTARIO.

### Coming Events

St. Paul's United Church Women will hold a Strawberry Tea in the church clubroom on June 18th.

St. Alban's W. A. will hold a Strawberry Tea at the home of Mr. and Mrs. F. Richards (Grafton Flats) on Saturday, June 26th, from 2:30 to 5:00 p.m. Pantry Table. All donations welcome. Tea 40c.

St. Paul's United Church Women will hold a Bazaar in the church clubroom on November 19.

### PRESCRIPTION SERVICE

PHONE 563-3619

RESIDENCE 563-3491

### Coleman Pharmacy

### Pass Hotel

Blairmore, Alberta

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Modern Coffee Shop

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### Dental Arts

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Suite 4, Metropolitan Bldg  
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Art Dietrich, Mgr. 328 4066

## It Pays to Advertise in The Coleman Journal

## Attention Mothers!

### THE CHINOOK HEALTH UNIT

### Will hold a Well-Baby & Pre-School Clinic

ON	AT	IN	FROM
JUNE 1	PINCHER CREEK	Health Unit Office	10:30-11:30 a.m. & 1:30-3:30 p.m.
JUNE 2	LUNDBRECK	Anglican Parish Hall	1:30-3:30 p.m.
JUNE 2	CLARESHOLM	Elementary School	1:30-3:30 p.m.
JUNE 7	FORT MACLEOD	Health Unit Office	1:30-3:30 p.m.
JUNE 8	PINCHER CREEK	Health Unit Office	10:30-11:30 a.m. & 1:30-3:30 p.m.
JUNE 9	BLAIRMORE	Health Unit Office	10:30-11:30 a.m. & 1:30-3:30 p.m.
JUNE 10	HILLCREST	Credit Union Office	10:30-11:30 a.m.
JUNE 10	BELLEVUE	Town Hall	1:30-3:30 p.m.
JUNE 13	STAVELEY	Home Ec. Room	1:30-3:30 p.m.
JUNE 14	COLEMAN	Miners Hall	1:30-3:30 p.m.
JUNE 15	PINCHER CREEK	Health Unit Office	10:30-11:30 a.m. & 1:30-3:30 p.m.
JUNE 16	CLARESHOLM	Elementary School	1:30-3:30 p.m.
JUNE 21	FORT MACLEOD	Health Unit Office	1:30-3:30 p.m.
JUNE 24	GRANUM	High School Lunch Room	1:30-3:30 p.m.

— FLUCRIDE TABLETS AVAILABLE UPON REQUEST —

5th Annual Alberta Junior Citizen Awards

# Nominate Now

## 5th Annual Alberta Junior Citizen of the Year Awards

You can make sure that enterprising young Albertans get the recognition they deserve! Give your editor details of an act of courage, initiative or merit performed by a young person or group who you would like to see receive a 1966 Junior Citizen of the Year Award\*.

Qualifying ages: 6 to 16 years. Qualifying dates: August 1, 1965 to July 31, 1966.

\*Sponsored by Alberta's electric, gas, water and utility companies with the co-operation of Alberta's Weekly Newspaper Editors.

### CALGARY POWER LTD.

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Write or phone your editor or use this handy ballot!

A. J. C. NOMINATION BALLOT 1966

To: Mr. T. Holstead,  
The Coleman Journal

I nominate..... of.....  
who is..... years old for a 1966 Alberta Junior Citizen Award.  
My reasons are:.....

(Please attach separate sheet if necessary for additional details)

**NOMINATIONS**  
• CLOSE July 31, 1966

NAME OF NOMINATOR.....  
ADDRESS.....  
TELEPHONE.....

In the past four years  
**ALBERTA JUNIOR CITIZENS OF THE YEAR**  
have been elected from the following  
Alberta communities:

BASHAW  
BAWL  
BEISEKER  
BRETON  
CAYLEY  
DIDSBUARY  
EDMONTON  
FELGER COLONY  
FOOTBRIDGE  
LETHBRIDGE  
HIGH RIVER  
HAYNES  
JASPER PLACE  
KELSEY  
OKOTOKS  
SHERWOOD PARK  
STRATHMORE  
THORSBY  
TURNER VALLEY  
VULCAN  
WAINWRIGHT  
WETASKIWIN

Is your community included?



## Personalities IN THE NEWS

Mrs. Lorraine Aiello and Anne Vasek of the Coleman Catholic Women's League, attended the CWL convention held in Banff during the early part of May. Mrs. Aiello was re-elected as Diocesan magazine convenor for the Calgary Diocese.

Mr. and Mrs. T. Hazuka and daughter of Edmonton were weekend visitors at the home of Mrs. Hazuka's mother, Mrs. Anne Topak. Also visiting Mrs. Topak was her son Terrance, who is presently serving with the RCAF in Edmonton.

Mrs. Peter DeGroot of Calgary visited her daughter and son-in-law Mr. and Mrs. Teddy Michaleky.

A renewal subscription to The Journal was received from Mrs. Ethel Kostelnik from Nanimo, B.C.

Mrs. Geo. Derbyshire is a patient in the C.N.P. hospital, friends wish her a speedy recovery.

Mr. and Mrs. Z. Fulop and family were recent Lethbridge visitors.

Friends in the Pass will be pleased to learn that Joe Lepacek has now returned to his home after having spent several weeks in a Lethbridge hospital.

Mr. and Mrs. H. Hoffman and family visited at Calgary over the Victoria Day week-end.

Mrs. W. Roughhead, Mr. J. Kinneer, Jr., and Mr. J. Barclay are patients in the Crows Nest Pass Municipal Hospital. Friends wish them speedy recoveries.

Mr. and Mrs. Jim Atkinson left last week-end for a holiday to be spent in northern parts of Alberta.

Mr. and Mrs. J. Turner of Calgary, visited the latter's parents, Mr. and Mrs. J. Kilgannon.

Mrs. H. Neddo and two children accompanied by her aunt, Mrs. H. Anderson, visited the latter's son-in-law and daughter, Mr. and Mrs. Frank Hibein at Eureka, Mont., recently. They also visited friends in Kalispell, Mont.

### 'Pipeline' coal seen feasible in future

Transporting coal through pipelines is feasible, it has been claimed at the 16th Dominion-Provincial Coal Conference at Lake Louise.

In a paper prepared for the conference, J. A. Constans of Grenoble, France, and F. E. Parkinson of Vancouver, said the supply of fuels for large thermal plants presents complex problems for conventional systems.

The paper said, "in countries like Canada, the problem appears in an economic form.

"The great power consumer areas of Ontario and Quebec are a long way from the coal fields of the west and accordingly . . . the cost of rail freight multiplies the original cost of coal by between three and six times.

"The possible repercussions of this fact on the Canadian coal market can easily be imagined, threatened as it is by the proximity of the coal fields of Pennsylvania."

"Studies . . . have shown that among the items making up the cost price of the hydraulic transport of a ton of coal, the actual transport item is low when compared with the processing costs at the delivery end of the pipe.

"It is just this problem which is the main snag encountered in attempts to design a system for transporting coal in Canadian oil pipelines. It may be said the cost of the hydraulic transport of one ton of finely crushed coal 31 miles at a rate of 2,000,000 a year is about \$1 a ton . . .

"This cost, which includes preparing the mixture for transport . . . does not allow for any losses which may occur due to loss of efficiency in the burners from residual humidity on admission."

The men said transporting coal through pipelines for distances of six to 18.5 miles provide no special financial savings and could be higher than conventional methods, such as railways.

For distances of 25 to 62 miles it could be profitable in certain instances, while for distances beyond 62 miles "there can be no doubt as to the worth of hydraulic transport as a means of supplying coal to a steam power station and the process will certainly enjoy a very successful future."

Have you ever wondered if there is any way to beat statistics—the law of averages? Well, when it comes to yourself as an individual, your avoidance of accidents and sicknesses, your length of life; yes, you CAN beat statistics. A free pamphlet distributed by your Mental Health Association tells you how. Write for 'Living a Man's Life', from CMHA, 619 Revillon Building, Edmonton.

## Packaged Soup Makes Lima Bean Casserole Ideal Dish

School days are with us again, and with them a return to family routine. Cooler weather and busier days make for keener appetites, so if all your last season's favorite casserole recipes have lost their appeal, it's time to start fiftng away some new ones for the coming winter months.

One old favorite enjoying a comeback with time-saving new methods of preparation is the Lima bean casserole. It is equally at home served without meat as an extra vegetable side dish, or with added ground beef, crumbled bacon or sliced frankfurters to make it into a one-dish meal.

The delicious tomato sauce is made, quite unexpectedly, with a package of handy tomato vegetable soup, which adds all the nutritional advantages and flavor of tomatoes, potatoes, carrots, onions, peppers, cabbage, celery, egg noodles and the delicate seasoning of

fine spices.

The beans do not have to be soaked overnight, but are added to cold water, brought to a boil and simmered for two minutes, then left to stand on the back of the stove for an hour. After that they are re-heated and simmered until tender.

Serve the casserole piping hot from the oven with corn sticks made from a mix and baked at the same time. A crisp salad tossed in a prepared Italian-style dressing will round out a tasty dinner to satisfy even the keenest school-day appetite.

### LIMA BEANS BAKED IN TOMATO SAUCE

1 pound dried baby Lima beans  
6 cups cold water  
1 tbspn. butter, margarine or shortening  
half cup onion, chopped  
1 clove garlic, minced

half lb. minced beef (or six slices cooked and crumbled bacon or 6 cooked frankfurters or sausages sliced penny fashion) optional.

1 pkg. tomato vegetable soup  
2 cups boiling water  
one 15 oz. can tomato sauce  
2 tpsns. Worcestershire sauce  
1½ tpsns. prepared mustard  
1 teaspoon salt  
one-eighth tspn. pepper.

Add beans to cold water. Cover, bring to boil and simmer for two minutes. Turn off heat and let stand one hour. Heat, then simmer until tender. Drain. Place beans in two-quart casserole. In saucepan, saute onion and garlic in melted butter or shortening for five minutes. Add minced beef if desired and stir until nicely browned. Stir in other ingredients, cover and simmer ten minutes. Pour sauce over beans. Bake in moderate oven, 350 deg. F. for one hour. Makes 6 to 8 servings. If crumbled bacon or sliced cooked sausages or frankfurters are added, instead of minced beef, stir them in just before putting into oven.

## Roxy Theatre

Show Times - Monday to Friday, 1 show, 8.00 p.m.  
Saturday at 2 p.m., 7 p.m. and 9 p.m.

No Shows in Coleman  
TUESDAYS and WEDNESDAYS

### COMING ATTRACTIONS

Thursday and Friday, June 2 and 3

## "Apache Uprising"

Roy Calhoun - Corinne Calvet - Western

Saturday and Monday, June 4 and 6

## "Secret Invasion"

Stewart Granger - Mickey Rooney

A Mad Major! A Master Criminal! A Demolition Demon! A Forger! An Assassin!

Matinee Sat., June 4, at 2 p.m.

Thursday and Friday, June 9 and 10

## "Red Line 7000"

Gale Hire - James Caan - Car Racing  
Meet the Speed Breed

Saturday and Monday, June 11 and 13

## "Monkey's Uncle"

Annette - Tommy Kirk - Disney Comedy

Matinee Sat., June 11, at 2 p.m.

## NOTICE Change in Milk Prices

RETAIL PRICE LIST FOR THE CROWS NEST PASS  
CONTROLLED AREA.

Effective June 1st, 1966

Approved by the Public Utilities Board

Order No. 27536

	quts.	pts.	½ pts.
2% Partly Skimmed	24c		
Standard Milk	27c		
Homogenized Milk	28c		
Chocolate Dairy Drink	30c		
Buttermilk	28c		
Whipping Cream	\$1.35	70c	40c
Skim Milk	19c		

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2 Phones for Custom-  
er Convenience

THE BUSY LITTLE STORE ON THE CORNER THAT "DEALS ON THE SQUARE"

SPECIALS Good for June 2, 3 and 4

ALWAYS ON HAND  
**FRESH Fruit and Vegetables**  
Bananas, 6 lbs. \$1.00  
Oranges, 6 lbs. \$1.00  
Kookies, 3 pkgs. \$1.00  
McCormick's, Fresh Stock

Nabob Coffee  
Pound 89c

SUGAR,  
B.C., Paper Bag  
10 lbs. 98c

Milk, Carnation  
Large Tins  
6 Tins \$1.03

BUTTER,  
Per Lb. 64c

TO CLEAR-Top-Value Bleach, 64 oz. Jugs - 39c

CHOCO, 2 lb. Package 87c  
A Real Summer Drink

RICE, 2 lb. Package - 49c  
Delta, Long Grain

Lipton French-Canadian Pea Soup, Regular 2 for 39c To Clear, 4 pkgs. 65c

LARD, Tenderflake  
1 lb. Packages, 3 for 79c

MARGARINE, So-Fresh  
3 Pound Package - 79c

KETCHUP, Kraft's, 15 oz. Bottles, 2 Bottles for - 55c

ORANGE JUICE, Sun-Rype, Sweet, 48 oz. Tins, 2 for 79c

TUNA, Flaked, Eatwell, 7 oz. Tins, 4 Tins for - \$1.00

Bread white 5 for \$1.00

Hamburger or Hot Dog Buns  
8's, 2 packages - 55c

Lucky-Whip, 4 oz., 2 pkgs. 79c

FLEECY, 32 oz. Bottle 43c

OLD DUTCH CHIPS, Tri-Pak, Only - 49c

Nestle's Choc-Bake Liquid 41c Nestle's Iced Tea, 3 ½ oz. 59c

MARSHMALLOWS, Angelus, White or Colored, 2 pkgs. 69c

ASSORTED PUDDINGS, Robin Hood and Monarch, 4 pkgs. 55c

FLOUR, 25 lb. Paper Bag \$1.98 CRISCO, 2 Lbs. for - 93c

SOUPS, Campbell's Tomato and Vegetable, 7 Tins for \$1.00

Klondike Wieners,  
2 ½ lb. package - 99c

H. P. Sauce, Per Bottle 35c  
Toilet Tissue, 8 Rolls 89c

Bologna, Piece, per lb. 39c

Pears and Peaches,  
15 oz. Tins, 4 for \$1.00

Canned Pop, 10 Tins 99c

Cream Style Corn,  
15 oz., 4 Tins for - 73c

Dixie Mushrooms, Stems  
and Pieces, 3 Tins \$1.00

Peas, Assorted Sizes,  
15 oz. Tins, 4 Tins 73c

Perky Dog Food, 10 Tins \$1.00

Mix 'Em or Match 'Em

Prune Plums, 15 oz. 3 Tins .55

Giant Size Breeze, Pkg. 89c

Ivory Liquid and Dish  
Brush, Giant - 95c

HOMEMADE SAUSAGES, SALAMI, BLOOD and LIVER SAUSAGE,  
ITALIAN SAUSAGE, HEADCHEESE and WIENERS